

## **CLIL UNIT PROGRAMME FOR PRIMARY SCHOOL**

**TITLE:            HOW TO GROW UP HEALTHY**

**TOPIC                    LOOK AFTER THE BODY**

**GRADE/COURSE      4 AB**

**OUTCOME            Mural or Picture Book**

**CONTENT  
OBJETIVES**

- Describe the concepts of health and illness in today's society.
- Identify the different food types needed to maintain a healthy and balanced diet.
- Be aware of the importance of eating a balanced diet for the prevention of illness.
- Understand the need to avoid risks to health.
- Find out how to take care of our body and value the importance of such care for preventing illness.
- Discover the need for an appropriate use of medicines for the maintenance of good health.

**LINGUISTIC  
OBJETIVES**

- Skills: listed a native pronunciation, reading comprhensible text. WRitng specific work, speakin a
- Functions and structures: I have to+verb/ I like+ing...// I/you can.../; WE can.../; There is/ are...
- Vocabulary: relates to health, body, sport, habits, food,

**PROCEDURES**

- Collection of information regarding the eating habits of each student in the class.
- Formulation of conclusions regarding the advantages and disadvantages of certain eating habits.
- Group research into an issue related to health, with high value placed on participation in the group and the issues involved.
- Carrying out of a survey among classmates so as to discover patterns of hygiene, physical care and the practice of physical exercise.
- Reflection on the possible consequences that certain eating habits can have upon us.

**ATTITUDES**

- Interest in the composition and properties of food products.
- Adoption of healthy eating habits for the prevention of illness.
- Willingness to find out about and follow the scientific recommendations for the prevention of illness: a healthy and balanced diet, care of personal hygiene, practice of appropriate physical exercise, etc.

**TRANSVERSAL  
CONTENTS:**

- Care and hygiene of the human body.
- Interest in habits with implications for preventing illness: healthy

eating habits, rest, exercise and play.

- Understanding of the body from the perspective of health.
- Respect for elderly people and those who suffer from illness.
- Maintenance of healthy habits for the prevention of illness and continuation of good health.
- Appreciation of the value of things.
- Worksheets, posters
- Internet
- Artistic material

## **MATERIALS**

## **ASSESSMENT EVALUATION**

- Check that the students recognise the correct advice to follow in their diet.
- See that they can identify the different food types needed for a balanced diet.
- Observe whether they know how to follow a balanced, complete and healthy diet.
- Verify that they can identify the basic rules of bodily hygiene for the care of their own bodies.
- Observe that they recognise situations of risk to health and know how to avoid them.
- Check that they understand the necessary measures to take care of the body in action.